

Issue 3  
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### Items of Interest:

**Want to live longer and feel happier?**  
**Get active!** All work and no play can be the cause of a very sedentary and dull lifestyle. With people working more and more and having less and less time for themselves, their families and friends, people are throwing in the towel on exercising and fun activities that will get them out of their seats in general. With this in mind, stress and boredom increase, as so does eating more to cope with an unhappy and uneventful lifestyle. Regular physical activity helps people feel better because it: lowers stress and boosts mood, increases strength, helps control blood pressure and blood sugar, helps build healthy bones, muscles, and joints helps the heart and lungs work better, wakes up the mind, and improves self-esteem. If you have not been physically active in a while, then re-activate your life slowly. For help with becoming active, visit <http://win.niddk.nih.gov/publications/active.htm#activeat>.

# Navy and Marine Corps Medical News

*A Public Affairs Publication of the Bureau of Medicine and Surgery*

## Seventh Fleet Leads in Bird Flu Readiness

By Bill Doughty, Commander, Fleet Activities Yokosuka, Public Affairs Officer

**YOKOSUKA, Japan** - If or when the Avian Flu virus H5N1 mutates and causes a worldwide pandemic, the U.S. Seventh Fleet will be ready to respond. That's the message of Fleet Surgeon Capt. Charles Baxter, appearing throughout February on television talk shows in the Seventh Fleet Area of Responsibility (AOR).

Baxter says, "Seventh Fleet is in alignment with the national plan that was outlined by President Bush in November 2005. The three pillars outlined are: preparedness and communication, surveillance and detection, response and containment."

Under the first pillar of the plan,

Baxter notes, "We are pre-staging disinfection and decontamination materials for our units that might come in contact or be exposed to the Avian Flu."

Also, millions of doses of the antiviral medication Tamiflu are expected to arrive in the region in early 2006, according to Baxter. Stockpiling of the medicine is a key component of the national strategy and Seventh Fleet plan.

"Additionally, all units have reviewed and updated isolation protocols on all of our afloat units," said Baxter.

He added, "Communication is very important, as outlined in the national plan. We want everyone understand what we have done in preparation of an outbreak . . . and

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**CAMP HABBANIYAH, Iraq** - U.S. Navy Hospital Corpsman 1st Class Terry Shoulders provides a routine medical check-up on an Iraqi construction worker at Camp Habbaniyah in Iraq. U.S. Marine Corps photo by Cpl. Bryson K. Jones

## U.S. Field hospitals in Pakistan Pass 23,000 Patient Mark

By Lance Cpl. Scott M. Biscuiti, Marine Corps Base Camp Bulter

**SHINKIARI, Pakistan** - Navy physicians with the U.S. Field Hospital Shinkiari officially treated 23,000 patients Jan. 18 when they tended to an 11-month old girl suffering from pediatric sepsis, high fever and severe loss of appetite.

Treatment for the child included weight-based Motrin to reduce her temperature, intravenous fluids and antibiotics. She was subsequently medically evacuated to District Headquarters Mansehra hospital for extra treatment.

"The little girl should feel much better by tomorrow," said Lt. Robert Barrett. "I have two boys of my own, and it breaks my heart to see sick children. I'm just glad I can help."

The rapid and timely response of U.S. military field hospitals in Shinkiari and Muzaffarabad provides the earthquake-stricken people of Pakistan with medical care

that includes splinting fractures, providing emergency medical stabilization, appendectomies, and a host of other life-saving procedures.

The U.S. Navy and Marine Corps team set their hospital up in Shinkiari while the U.S. Army's hospital was set up in the city of Muzaffarabad. Between both hospitals, U.S. forces brought medical capabilities to include operating rooms, x-ray equipment, pharmacies, laboratories, and many other assets all in an effort to supplement organic Pakistani medical facilities, which were hit hardest by the earthquake.

Surgeons, general medical officers, nurses, dentists and other support Marines and sailors started treating patients since October 2005.

The medical and support staff are extremely well trained and experienced as many took part in the humanitarian aid provided to Indonesia and Sri Lanka after the tsunami last year.

## RP Awarded for Serving Without Chaplain at Hospital

By Lance Cpl. Steven. R. Cushman, Marine Corps Air Station Cherry Point

**NAVAL HOSPITAL CHERRY POINT** - Religious Programs Specialist (RP) 1<sup>st</sup> Class Wayne Lewis was named as the RP of the year for the Navy's Bureau of Medicine and Surgery Jan. 10 for his outstanding work providing for the spiritual needs of the patients and staff without a chaplain at Naval Hospital Cherry Point.

"Lewis created a plan that provided assistance to patients' and staff members' spiritual needs while no chaplain was assigned during the entire fiscal year," according to a letter by Capt. L.C. York of the Chaplain Corps. "Additionally, Lewis provided superb leadership to ten Sailors in the largest and busiest department in the command, the Family Care Clinic. These are only a couple of many examples of Lewis' exceptional contributions he has made to the command."

"I came up with a few screening techniques so that pastoral care could be provided to patients and staff members," said Lewis. "I conducted a spiritual needs assessment prior to a chaplain coming, I would go and talk to the patient or staff member and see what their needs were. I would then refer them to a

unit chaplain or a specific denominational clergyman."

"Lewis is an outstanding RP, I'm glad he's here," said Lt. Cmdr. Diane Harper, staff chaplain at the hospital. "He knows the command and the people. He has helped make the transition coming into the hospital so much easier."

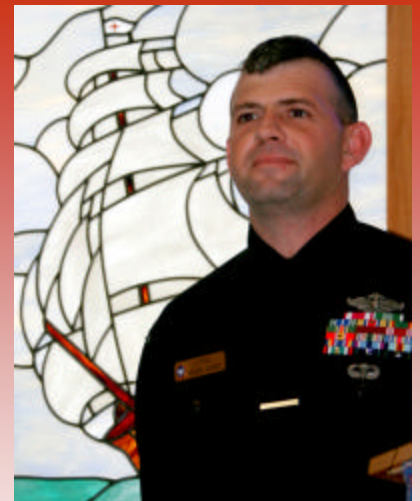
Lewis attributed part of his success without a chaplain to his years spent as an Army chaplain's assistant.

"In the Army, I was allowed to do more hands on with the troops, than I am as a Navy RP," he said. "This helped me out tremendously when I had to perform on my own."

Lewis enlisted in the Army after graduating from High School in Wilkesburg, Ky. He has served with the Army's 2nd Ranger Battalion, 82nd Airborne Division and the Marine 2nd Force Service Support Group.

"Lewis is a jack of all trades," said Capt. Richard J. Fletcher, the hospital's commanding officer. "He will help out wherever he is needed. He's the first one to raise his hand and volunteer and always produces excellent results. He's a good egg."

"Lewis is the best RP I have had the experience of working with in my 26 year Navy career," said Master Chief Steve Olson, the hospital master chief.



**NAVAL HOSPITAL CHERRY POINT** - Religious Program Specialist 1<sup>st</sup> Class Wayne Lewis was named RP of the year by the Bureau of Medicine and Surgery Jan. 10. Before enlisting in the Navy, Lewis served in the Army as a chaplain assistant. *U.S. Marine Corps Photo by Lance Cpl. Steven. R. Cushman*

Lewis' plans for the future are to stay in the Navy, he said. "I'm having fun and enjoying working with people. This is a very rewarding job."

"Like the old saying goes, 'If you enjoy what you do, you'll never work a day in your life,'" said Lewis.

## The Few. The Proud. The Corpsmen.



**MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif** – Hospital Corpsman Patrick E. McWilliams, serves as a preventive medical readiness corpsman with Headquarters Battery, 3rd Battalion, 11th Marine Regiment. The Navy and Marine Corps recognized McWilliams as valiant awarding him the Navy and Marine Corps Commendation Medal with Combat "V" in 2004. He received the award for his actions while serving as a corpsman with Lima Battery, 3rd Battalion, 11th Marine Regiment, in support of Operation Iraqi Freedom 2 from Feb. 22 to July 31, 2004. *U.S. Marine Corps photo by Lance Cpl. Michael Cifuentes*

By Lance Cpl. Michael S. Cifuentes,  
Marine Corps Air Ground Combat-  
Center Twentynine Palms, Calif.

### MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. -

There is no question that corpsmen uphold the highest traditions of serving the U.S. Navy and Marine Corps when treating Marines, Sailors and all other casualties of war on the front lines today. Their stories might seem unsung, but it is the Marines who thank them and commend them for their own lives and the lives of their comrades that make their stories travel.

Hospital Corpsman Patrick E. McWilliams, preventive medical readiness corpsman with Headquarters Battery, 3rd Battalion, 11th Marine Regiment, is recognized by the Marines in his battalion as more than the active corpsman who serves alongside the Marines.

"The man has pulled Marines out of a burning humvee that was hit by an improvised explosive device; he has walked in front of enemy fire to save Marines; he has patched up Navy Seabees; he is handy with the tourniquet, he puts all other Marines and Sailors in front of him and he loves his job," said Cpl. Joshua J. Owens, artillery fire control maintenanceman with Mike Battery, 3/11. Owens served with McWilliams in Operation Iraqi

Freedom 2 as they conducted combat operations from Al Asad.

The Navy and Marine Corps also recognized McWilliams as valiant awarding him the Navy and Marine Corps Commendation Medal with Combat "V" in 2004.

He received the award for his actions while serving as a corpsman with Lima Battery, 3rd Battalion, 11th Marine Regiment, in support of Operation Iraqi Freedom 2 from Feb. 22 to July 31, 2004.

McWilliams participated in more than 70 combat missions and was the primary medical caregiver for 41 Marines during that time. He also provided medical assistance to Marines, Sailors, Soldiers and Iraqi civilians who were injured from Improvised Explosive Devices (IEDs), direct fire and indirect fire, according to the award citation.

An example of McWilliams' great initiative was when his sense of duty extended beyond the care of the Marines that he served with. After witnessing a civilian vehicle veer off the road in Al Anbar and flip several times after sustaining a blown tire, McWilliams, exercising sound judgment, quickly moved to the scene and provided medical assistance to the injured passengers.

"After I joined the 'green' side of things, I began to love what I do

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## Seventh Fleet continued...

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provide frequent accurate updates on Avian Flu."

Avian Flu preparedness is an important issue to Commander, U.S. Seventh Fleet Vice Adm. Jonathan Greenert and other leaders in the western Pacific. According to the World Health Organization, five countries have experienced deaths due to the H5N1 "bird flu" virus: China, Vietnam, Cambodia, Indonesia, and Thailand, all within Seventh Fleet's AOR.

Commander, U.S. Seventh Fleet is partnering with host nation

healthcare providers, international organizations, and military treatment facilities in mainland Japan, Guam, Okinawa and throughout the region.

According to Baxter, "We are improving our surveillance capabilities. We are monitoring the influenza diseases that are coming in and out of the hospitals, we are sharing testing information, and we are acquiring mechanisms to not only test for seasonal influenza but also to test specifically for H5N1."

"Military medical providers and afloat medical units have received additional training on recognition

and clinical presentation of Avian Flu. They encourage you to ask questions about seasonal flu and Avian Flu," he added.

In the meantime, Baxter advises people to stay away from birds, especially bird farms or poultry plants; get your seasonal flu shot; and be sure to wash your hands and take other common sense steps to prevent the spread of colds and flu.

For more information about Avian Flu and other health issues, visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov>.



## Naval Hospital and Joint Medical Group Change of Command

By Specialist Timothy Book, Joint Forces-Naval Base Guantanamo Bay Public Affairs

**GUANTANAMO BAY, Cuba** - Capt. John Edmondson transferred his command of the Naval Hospital and Joint Medical Group (JMG) to Capt. Ronald Sollock during a change of command ceremony held Jan. 11 in Guantanamo Bay (GTMO), Cuba.

Edmondson has served in the Navy for 25 years and has been in command of the Naval Hospital and the Joint Medical Group since July 2003.

"At the beginning of the global war on terror and the establishment of the Joint Task Force (JTF), another chapter in the history of the base began," said Edmondson. "This assignment contained some of the most interesting and challenging years in my memory. I can't begin to say how much of a privilege it has been to be here.

Edmondson further mentioned that passing the Joint Commission for the Accreditation of Health Care

Organizations (JCAHO) was a big accomplishment.

JCAHO has recently been updated with stricter rules, and the Naval hospital was the first military organization to undergo the inspection after the new changes. Edmondson said they passed with no discrepancies.

During the ceremony, Edmondson was awarded the Legion of Merit Gold Star, third award, for his accomplishments. The award cites the successful accreditation as one of many of his accomplishments.

Present at the ceremony were Rear Adm. Thomas Cullison, Navy Medicine commander, East and JTF-GTMO Commander Army Maj. Gen. Jay Hood.

"He optimized the staff by consolidating his directorates and eliminating redundant processes to deliver medicine more effectively," said Cullison.

"Throughout his command, Edmondson has proven himself to be a strong, seasoned, caring and

thoughtful leader," said Hood. "Few in the medical community have faced the challenges in command that he has. Without much guidance, he has charted a way ahead that focused on medical professionals providing first-rate medical care to patients."

Edmondson offered thanks to the leaders he worked with and for the entire Guantanamo Bay community.

"For some of the most important participants here today, the men and women of the Naval hospital and the Joint Medical Group, you have continued to amaze me. Your hard work and dedication to each other, our patients and the community has been a constant source of inspiration to me," he said.

Sollock received a welcome by the JTF commander. "You'll find this assignment the single most challenging and rewarding of your military career," said Hood. "GTMO is a great place to serve our country and I look forward to serving with you."

## LAR Corpsman Receives Bronze Star for Multiple Incidents

By Lance Cpl. Lucian Friel, 2nd Marine Division

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** - In combat, Navy hospital corpsmen are relied on to be ready to treat any type of injury or mass casualty situation, sometimes risking their own lives in the process.

Hospital Corpsman 3rd Class Jason C. Deguzman did this more than once, earning him the Bronze Star Medal for his achievement during combat operations.

On May 13, 2005, Deguzman, with Company C, 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division responded to mass casualties that happened when a crowded civilian bus collided into the rear of a light armored vehicle.

Deguzman took control of caring for more than thirty wounded personnel, ten with life threatening injuries. Because of his actions and

quick thinking, all Marine and Iraqi casualties were treated and transported to receive the appropriate level of care.

Deguzman responded to another life threatening incident three days later.

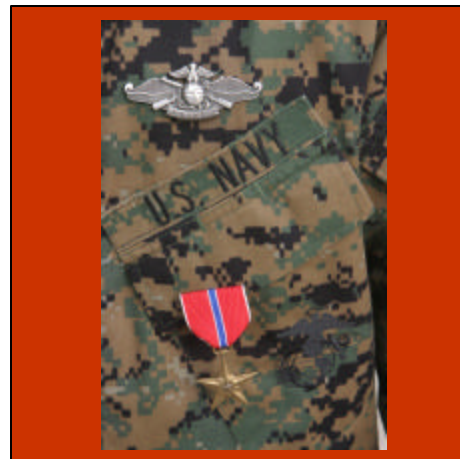
On May 16, his vehicle was attacked with an improvised explosive device, wounding him and five of the seven Marines in his vehicle.

Once he regained consciousness, Deguzman worked himself out of the damaged vehicle. Ignoring his own injuries and the threat of a secondary attack, he rendered life saving treatment to his scout team leader.

Deguzman's actions earned him the Bronze Star Medal, one of the military's most prestigious awards.

He received the medal from Brig. Gen. Joseph J. McMennamin, the assistant division commander, during a ceremony here Jan. 20.

He explained what it felt like to receive the award.



"It was so amazing, I don't even know what to say," he explained. "This is my first big award, and the honor I felt was overwhelming."

After only being in the Navy for nearly two years, Deguzman said he looks forward to the rest of his career.

"I enjoy this job and love working with Marines," he said. "This award was truly an honor."

## USNS Mercy Participates in Disaster Relief Drill

By Journalist 1st Class Brian Brannon, Fleet Public Affairs Center Pacific

### NAVAL STATION SAN DIEGO

- Hospital ship USNS Mercy (T-AH 19) embarked 120 Navy medical personnel and 80 Military Sealift Command civil service mariners for a four-day disaster relief exercise Jan. 21.

This is the first time Mercy has deployed since supporting tsunami relief operations as part of Operation Unified Assistance (OUA) in January 2005.

"This time last year, we were en route to Banda Aceh," Capt. David M. Llewellyn, commanding officer of the ship's medical treatment facility. "We saw destruction that none of us could imagine."

Mercy conducts two underway training exercises a year so the ship's Sailors, doctors and hospital corpsmen can train to provide medical, surgical and humanitarian support whenever and wherever they are needed.

"Our primary mission is combat trauma support," Llewellyn said. "Our secondary mission is humanitarian support."

Hospital Corpsman 3rd Class Jai Velasco said the exercise provides valuable training in rapid response to military mass casualty and humanitarian aid missions.

"It's good training for us because we don't know when the next disaster will come," Velasco said.

Master Chief Storekeeper (SW/AW) Shannon Williamson, who was the command master chief for the Mercy military treatment facility during OUA, said Mercy's secondary mission of providing humanitarian support demonstrates the commitment of the United States to international goodwill missions.

"When you think about Indonesia having the largest Muslim population in the world, us going over there really turned the tide," Williamson said. "All those little kids we treated are going to forever remember America and how good we treated them."



**SAN DIEGO** – The Military Sealift Command (MSC) hospital ship USNS Mercy (T-AH 19) sits moored in its homeport of Naval Station San Diego. Mercy contains 12 fully equipped operating rooms, a 1,000-bed hospital facility, digital radiological services, a diagnostic and clinical laboratory, a pharmacy, an optometry lab, a cat scan and two oxygen-producing plants. U.S. Navy archive photo by Journalist 2nd Class Zack Bad-dorf

In addition to supporting the tsunami relief efforts, Mercy treated more than 62,000 outpatients and almost 1,000 inpatients during a 1987 humanitarian aid cruise to the Philippines and South Pacific.

## The Few continued...

(Continued from page 3)

more and more every day," said Williams. "It's a great job where I get to play Marine and corpsman. It's the best of both worlds, and the camaraderie is like none other with this battalion."

During one of these missions, McWilliams was assigned as the corpsman with Lima Battery reconnaissance element and tasked with scouting the road in front of the main convoy.

"This was the time when I saw the most use of myself and other corpsmen during my deployment," said McWilliams. "The convoys ran into many IEDs and small arms attacks. I saw some horrific and tragic incidents, which shook everyone that I was with. But, I never hesitated to patch up anyone in

need of help. I served with some valiant Marines and corpsmen in Iraq. It became second nature for me to follow their valiant lead."

McWilliams has strived to be the best corpsmen for his unit, he said.

"I've never been hurt or received a Purple Heart, but I excel to be the best corpsman who fixes any man," he said. "I was never worried about myself—just my Marines."

Recently, McWilliams has been teaching his fellow corpsmen the knowledge he gained in Iraq. He hopes to implement more medical training with his Marines and corpsmen, such as trauma courses and field exercises.

"The Marine Corps has a few good men and women," said McWilliams. "Many of these men and women are U.S. Navy hospital corpsmen."



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